

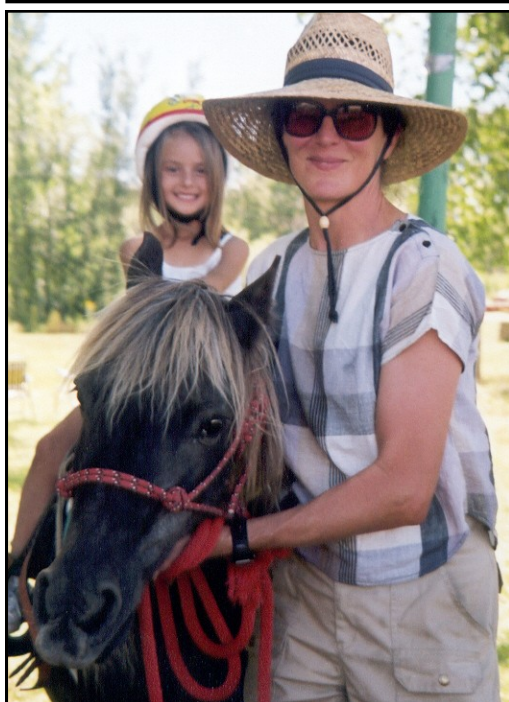


Editors: Ron Dehn & Debra Wall

FOOTPRINTS



Back to School Edition



Above: Gabrielle rides while Nicki Rosa leads Tony the Pony around the park. Far Right: Angelica tests her riding skills.

Many Head South for the Day

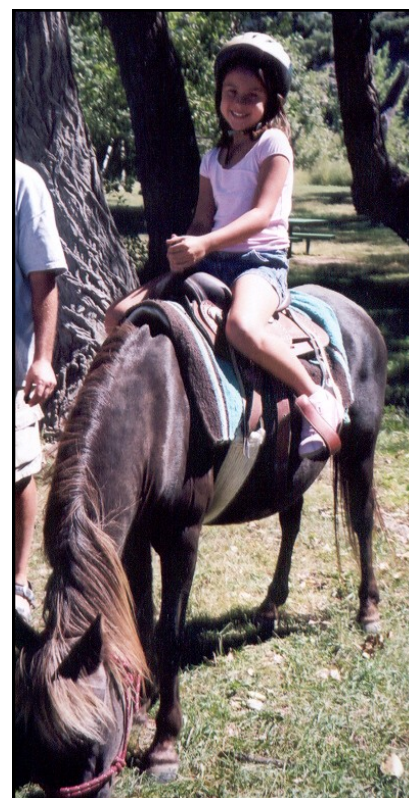
by Debra Wall

Approximately 50 SCR club members and their families headed to Greenhorn Meadows Park in Colorado City on August 29 for the club's annual picnic.

Everyone who attended the picnic enjoyed food, fun and frolic—no matter what their age.

Everyone dug into rigatoni, meatballs, salad and hard rolls shortly after the Pasta Cottage delivery van vanished from sight. Soon after filling their bellies with the main course, picnickers turned their attention to the brownies, cake, cookies and watermelon that were provided (and made with lots of love) by various club members.

(Continued on page 4)



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Tunnel Drive Photos Page 10



SCR Notes from the September 1st meeting

Disclaimer: This month's "minutes" were taken by the backup of the backup—me, so believe less of this than usual. Both "regular" secretaries were groovin' with Olivia Newton John.

John Holiman represented an SRDA fundraising committee. They are exploring the idea of a fundraiser to benefit Meals on Wheels. They are thinking of doing a 2 mile fun walk / run possibly on October 30. Details are not yet firm. If the event takes place, they will need volunteers. If you are interested, contact an SCR officer and your name will be forwarded. See the "Final Thoughts" section on the last page of *Footprints* for a great quote by John.

The Treasurer's report was approved. Dave Diaz is going through the records to compile a list of SCR donations of time or money made to various community organizations.

Ken Raich will look into using Active.com for membership. It is useful for race registration, but Ken will investigate the possibility of using it for club membership.

We now have 199 members / organizations on the mailing list.

Ken mentioned the possibility of printing membership cards for 2005. These cards may be useful to obtain discounts from businesses. Running stores in Colorado Springs and Ft. Collins give

discounts, but board members were not aware of local businesses who give discounts to members.

Gary will investigate the possibility of discounts from some local businesses. If you know of a local business which is interested in giving SCR members a price break, let us know and we will publish it.

The Tribute run is set for September 11 and the club will handle the finish line.

There has been no recent contact by Soaring Eagles organizers, and the status is unknown. (*Editor's note: Since the meeting, organizers have contacted SCR and the race WILL take place.*)

Stacey Diaz and Jacqueline Wall will serve as race directors for the Atlanta Run. There will be a new course and possibly a different distance. The event will still be a run/walk and will take place on November 20th. This will be the 25th anniversary for the run and the ladies are looking into long sleeved cool-max shirts, depending on the cost.


Terry Cathcart is already working on plans for the Spring Runoff. One change is in the area of the 2-mile walk. It will probably be changed to a non-competitive fun walk.

The picnic was a kick. Food, fun, sun, games, softball, fellowship.

Kudos to Marijane for organizing the kids games, and Kudos to Nicki Rosa and her sidekick Tony (actually Toni) the Pony. The kids loved the Pony.

The board voted to continue to provide the Colorado Runner magazine to members for the time being. All feedback on the magazine has been positive.

Good night to David, Chet, and John Boy. (If you understand this line, you are definitely AARP material.)



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:
700 N. Albany Avenue
Pueblo, CO 81003

Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it holds its monthly meetings.

"Footprints" Issue No. 272

"Footprints" is the newsletter produced monthly by, about, and for the SCR membership. It is bulk-mailed via third class mail by the U.S. Postal Service.

Current SCR Officers

President	Gary Franchi	676-4100
Vice President	Rich Hadley	784-6514
Co-Secretary	Sandy Reinsch	
Co-Secretary	Marijane Martinez	546-6043
Treasurer	Dave Diaz	564-9303

Non-Elected Officers

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Newsletter Co-Editor	Debra Wall	544-4254
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Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers
Shaun Gogarty Dr. Rocky Khosla Gary Franchi

SCR meetings generally are held the first Wednesday of each month at the Pueblo YMCA in downtown Pueblo. All SCR members are welcome and may bring family, relatives, and pets, as long as he/she also brings treats for all members.

ADVERTISING POLICY: The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don't meet its low standards.

* Vanderlei de Lima of Brazil was leading the 2004 Olympic marathon when he was shoved to the curb by a spectator. De Lima was 3 miles from the finish at the time. He lost momentum and several seconds, but still finished 3rd.



SCR is associated with AARC, American Association of Running Clubs. See: www.huntsvilletrackclub.org/AARC/AARC.htm

Make your discovery at the Gold Dust

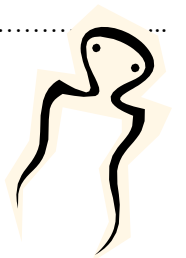


217 South Union



Great Stuff

by Gary Franchi



Aliens or freaks?

Thought for today's lunch, compliments of the late Frank Zappa: *"You can't be a real country unless you have a beer and an airline. It helps if you have some kind of a football team or some nuclear weapons, but at the very least you need a beer."*

Musings on running, fitness, life, etc.:

Didn't you just love watching the Olympics on TV last month? Whatever your athletic persuasion, you HAD to be blown away.

The track sprinters have more fast-twitch muscles in one finger than most of us have in our entire bodies. Or make that nine or ten bodies worth. Just watching them traverse 100 or 200 meters so fast is hypnotizing. Besides their speed, they have biceps and triceps that made me think that they must lift weights before they get out of bed, while eating lunch and while taking showers between their daily workouts. They are the epitome of the word "cut" when discussing musculature.

Then there are the gymnasts. The males have arms that rival the male sprinters and probably wear out weight machines. The females, who are basically children, have more muscle tone than yoga instructors. Tell me, did you see any with an ounce of body fat on them? Didn't think so.

And how about those swimmers? Since this is my particular fascination, I watched in awe as they streamlined or dolphin-kicked off the wall seemingly about a third of the way across their 50-meter lanes with textbook-perfect technique. The underwater shots on TV gave spectacular views of the arm and hand movements that they have perfected and the rest of the world can only imagine achieving.

So then the latest issue of *Inside Triathlon* magazine arrived in the mail and I noticed an interview with Tim De-Boom concerning the Hawaii Ironman, and it got me to thinking how any human could possibly complete the Ironman distances in 8 hours and change. In case you weren't aware, an Ironman is comprised of a 2.4-mile swim, 112-mile

bike and 26.2-mile marathon run. It probably would take me 8 hours just to do the bike, forget about following that with a full marathon and leading it all off with the swim.

That's when I started to realize that no human being could do what these athletes do. They actually aren't human at all. They are either aliens or freaks of nature, placed on earth to humble us mere mortals. Why else are they here? It's a cruel joke by a greater being intended to keep us from getting big heads and to give us something to marvel at.

An article on Michael Phelps in *Sports Illustrated* hinted of his freakdom by referring to his 76.5-inch "pterodactyl wingspan." It talked about how "the sport has seldom seen an athlete so gifted." Teammate Aaron Peirsol was nice enough to say that Phelps "has a gift" rather than coming out and calling him a freak.

What about those marathoners, clocking those times in 90-degree heat? Of course, they're all skin and bones with negative body fat. But they still have to drag those bodies 26.2 miles.

Being an American, Deena Kastor – all 104 pounds of her – was enchanting to me when I watched her patience pay off with a strong finish while others were fading slow and she earned a bronze medal. How did she do that? Well, we got a hint of Deena's own in-human attributes a few years back at the Spring Runoff right here in Pueblo. That's when Deena, then training in Alamosa as Deena Drossin, won the 5K women's race and came back to capture the 10K women's title a short time later when there was a time gap between the races. It was vintage freakdom.

The sprinters, meanwhile, are a different breed altogether. Incredibly, four of the men in the 100-meter final finished under 9.9 seconds. No human – freak or not – can move their body THAT fast. If undertaken, a scientific study would prove it impossible. Hence, they've got to be aliens. I'll bet if you felt their earlobes they would feel cold, a common trait of space beings. Trust me

on that since I'm sure that fact comes from a highly respected comic book.

Anyway, it was fun to marvel at these Olympic athletes – whether aliens or freaks – for three weeks. I hope you enjoyed it, too.

Now excuse me, but I've got to go look for my one fast-twitch muscle. I think I lost it while doing some pickups on the treadmill about 20 years ago.

Ten things I was just wondering:

1. Do you think anyone has ever been given a speeding ticket while driving in a funeral procession?

2. Did those of you who get the Outdoor Life Network happen to notice that many of the Tour de France maintenance guys were, uh, packing a few too many cakes on their bodies?

3. When are some people going to get a clue that there is a time and a place to use and NOT to use a cell phone?

4. Regarding the "State Fair Visitors Welcome" signs that were displayed around Pueblo by buck chasers during the 16-day Fair, did that mean that no one else was welcome there?

5. Do businesses really think that anyone is enticed into visiting their establishments because they have a "State Fair Visitors Welcome" sign displayed?

6. How the heck did someone invent the word "cumberbund"?

7. Don't you want to go up to those world-class marathoners and say, "Put some meat on your bony body!"?

8. Would it be accurate to say that the cost of toner cartridge is inversely proportional to the cost of the Deskjet printer?

9. Why do they call the 3.5-inchers "floppy disks" when they aren't floppy unless you cook them over the stove or in a microwave?

10. Gee, isn't it great to know that physical education classes often are not required in our nation at a time when 15% of U.S. children and adolescents are overweight?

Until next month, remember that freaks and aliens need love, too.



Oct Birthdays (& other events)

- 1 Crystal Berndt
Jimmy Carter*
- 2 Desiree DallaGuardia
Mahatma Gandhi*
- 4 Joe Stommel
Damon Runyon*
- 5 Daniel Rottinghaus
Ray Kroc*
- 8 Rosa Navarro
Dave Anderson
Nikki Fette
Chicago Fire 1871
- 9 Nick Leyva
John Lennon*
- 10 Tom McKenna
John Prine*
- 13 Tristan Dohrmann
Lou Saban*
- 14 Cecil Townsend
Dwight Eisenhower*
- 16 Dan Comden
Terri Tibbs
Suzanne Somers*
- 18 Brandon Van Buskirk
Chuck Berry*
- 19 Stephanie Van
Buskirk
Jane Chess
John Lithgow*
- 23 Wendy Bulow
Johnny Carson*
- 24 Ariel Caprioglio
Mother-in-Law Day
- 25 Karen Kirkpatrick
Marta Stommel
Pablo Picasso*
- 26 Katherine Dvorsky
Mahalia Jackson*
- 27 Trevor Hadley
Charles Braune
Terry Anderson*
- 28 Madelene Khosla
Bruce Jenner*
Wayne Fontana*
- 30 Betty Duran
Charles Atlas*
- 31 Gunnar Burton
Ellie Carter
Frank Shorter*
Harry Houdini died
1926

*honorary SCR member



The Dam Run

by Jeff Arnold

There are many reasons why non-runners don't always make good decisions about races, as shown by the 10:30 am start of the 2004 Dam Run September 12. That may have been the only mistake the Bent County Chamber of Commerce made in preparing for this race. They had plenty of help, four water stops, a very nice course that was well marked. In addition there were nice plaques, three deep in age divisions, with a photo of the dam as background for the printing, and cash prizes for the top three men and women. But it was hot.

Jim Hallberg, 26, who prepped at Douglas County and did his college running at Fort Lewis, now lives in Lamar and considers himself to be primarily a triathlete. Jim put a 35 second gap on second place in the first 3 minutes of a gently downhill start. By the time he finished in 36:07, he was more than six and a half minutes ahead of second placer Lance Clark, a Lamar high schooler. Lorie Moreno-Roch, a former La Junta High School standout, and all-America at Western State, won the women's division with a bigger margin in 44:38. The second woman, Diana Dean of Las Animas, was 52:55.

The water stations must have worked as only one of the 23 starters did not finish, and he dropped out with knee pain after the first mile. The barbeque was started well before the last runner crossed the finish line. A surprisingly good Karaoke singer entertained at least the older members of the crowd with his medley of fifties songs. Watermelon topped off the excellent lunch. And many of the well fed crowd received awards.

The race committee agreed to a much earlier start for next year. Stan Hren, who is now retired, will start coming to club meetings to provide even closer communication between the Bent County Chamber and SCR. The state park at John Martin will continue to get better, though nobody I talked to was able to promise another wet summer which made it green this year. Sooner or later this well kept secret will get out, but you may want to keep the second Sunday in September 2005 open if you've always wanted to win a cash prize.

Many Head South for the Day

by Debra Wall
(continued from page 1)



As lunch ended, activities for children began. Each took their turn riding around the park on Tony the pony, led by owner, Nicki Rosa.

Fun for the children continued on the softball field as Marijane Martinez, Nick Leyva and Rich Hadley led them in some friendly competition (I mean races). After sorting the children into similar age groups, they stepped into gunny sacks and bopped their way across the field to the finish line. Racers continued their fun as legs were tied together for the three-legged-race.

After the running events, it was time to test the arms of the young competitors. Children and teens took their place at the softball throw line, pumped up their arms and showed the spectators the power they packed.

The children also faced a new challenge—grabbing marbles (placed in ice) with their bare toes. Though some were afraid to take the ice dip, others were eager to give it a whirl.

The children's fun wasn't over just yet. Lining up once again, they prepared to beat a piñata, innocently hanging above them. Once busting it open, children rushed to the ground to collect their rewards.

But fun was had by all!

Adults gathered on the softball field to select teams for the adult challenge. Because everyone's softball skills were a little rusty, it turned out very interesting.

There were some great catches, throws and slides (only a few people ended up with scraped knees).

After a great match, everyone headed back to the shade and lawn chairs where they enjoyed visiting with familiar (and not so familiar) faces.

It was a perfect picnic.



Lois & Don Pfost
take in some food and some sun
at the annual picnic



Rocky on Fitness

By Rocky Khosla, M.D.



Olympic Thoughts & Withdrawal

Since I am still going through my summer Olympics withdrawal, I thought that I could re-live things once again by writing a column about the games. You see, I love the Olympic games! And it seemed that for seventeen days we all escaped from the worries of the world, and just watched the athletes play! So please indulge me as I provide a medical analysis of some of the issues that came up with the Athens 2004 games:

It was very suspicious when two prominent Greek sprinters didn't show up for random drug testing, and later ended up in the hospital under more suspicious circumstances. Having been involved with the U.S. Olympic Committee doping control in the past, I can tell you that most countries are now using no advance warning tests to try to catch cheaters. The idea is that if you only test at meets or predictable times, athletes may be able to time their doping so that they can pass the tests. Also, there have been cases where athletes, given enough time, have used masking agents or even urinary catheters to remove their urine and instill someone else's clean urine into their bladder before going in for urine drug screens! In one case, a dirty athlete used their girl friend's urine, but got busted because the girlfriend happened to be pregnant! Anyway, the point is that it is amazing to what extents some athletes will go to in order to avoid detection and use doping to cheat. A T.V. commentator mentioned that if an athlete was found to be a cheater in the ancient Olympic games, then that athlete had to get a carving of Zeus commissioned and had to have his name etched at the base of the carving, and this carving was placed on public display in perpetuity so that the cheater was forever shamed. I like the idea of getting urine and blood samples from every athlete, and then freezing these samples so that we can test for all sorts of substances in the future that we are unable to detect currently, and having a hall of shame for all cheaters forever!

I watched the first day of men's team gymnastics, and couldn't believe that Blaine Wilson was allowed to continue

after falling backwards off the high bar of the uneven parallel bars. He essentially landed about 10 feet down on the back of his head and neck, and later complained of dizziness, headache and nausea, and was allowed to continue without having had a medical evaluation. Having spoken with some folks in the gymnastics arena, I was told that in International competitions like the Olympics, the gymnasts are penalized or even disqualified if they seek any medical help during competition. I think that is awful, and could lead to big problems in the future.

In the women's marathon, my heart broke for Paula Radcliffe, the British runner who was favored to win, having set the world's record earlier. To see her stop at mile 22 and just completely break down emotionally was heart wrenching. But to watch Deanna Kaster reel in runner after runner, and to go from 18th place to 3rd place was awesome! I think that the conditions and the actual marathon course were nuts! To have the women compete in 100-106 degree weather with a course that had 3 to 4 times the gain in elevation that the Boston marathon has (which is known to be a tough, hilly marathon) was lunacy, in my opinion. It is a testament to the toughness of the human body that no one died on the course!

Finally, how could I write a column on the Athens Olympic games without talking about Michael Phelps? In Michael's case, I think what you have is a physical specimen who has the ideal

specifications for a swimmer: tall with a long torso, short legs, and huge feet. Add to it great coaching, a fabulous support system, and a gigantic work ethic and how could you lose! It was incredible to see him, both in and out of the pool!

It is only 17 months till the next Olympics in Turin, Italy, and I can hardly wait! Because if those games are anything like what the Athens Games were, I will be waking around dazed for months. Till next time, may you run, bike and swim like an Olympic champion, even if it is just in your dreams.

Sincerely

Rocky Khosla, M.D.

Fan Mail

Once in a while we get "Fan Mail" or comments on our articles. Here's a note from one of our readers:

Rocky, as I read your August column, it sounded like I could improve my sex life by running more, but what can I do to be able to throw a football through a tire?

--- Jeff Arnold





Ramblin'

by Ron Dehn



Mini Rambles

Pike's Peak Ascent

Another Ascent completed and a dozen or so to go. This year was my 4th overall and 3rd in a row. Might as well keep the streak going.

My good friend and running buddy Mel Druelinger has done 16 Ascents / Marathons. At the SCR picnic I found out that Jeff Arnold has done 22 Ascents / Marathons. These are some numbers to shoot for.

As I explained last month, the Ascent is at the upper limit of my abilities. I've hit the wall every year, and this year was no exception.

I do train for the Ascent, but not as serious as most. In addition to running in Pueblo West, I usually make several trips of various distances up the Barr Trail.

This year, my semi-serious training was interrupted, and both my Pueblo West and Barr Trail runs were less often and less distance than usual.

However, I was glad to participate, and figured that style was secondary to reaching the top. As expected, the wall came much sooner and harder than usual.

Congrats to all the finishers, especially the SCR Finishers.

A couple notes on this year's event:

The Ascent start was delayed by a half hour because the support crew could not get up the icy road. Yes, there was snow at the top. You know how the optimist always sees the glass as half full? By the time I got to the top, the snow had turned to slush. So, it was not quite as slippery, and not quite as cold. Slow has its advantages.

Thirty-eight year old Monica Madero-

Craven ran the race without running shoes. Actually she ran without shoes of any kind. Yes, in her bare feet. She is an Air Force captain and math instructor at the Academy and has run without shoes since she was 14. She said, "Humans had been without shoes longer than we've had them." She also said, "I can do a couple of miles in shoes, but my feet get too sore."

The snow may have been a blessing for Monica, because the cold slowed down the blood flow from gashes in her feet. Without shoes and with bloody feet, she finished in a quite respectable 3 hours and 59 minutes.

Mellow Yellow

Read this next section, then close your eyes and imagine. Is this what Donavan was singing about?

I don't know if the drought is over, but this summer was certainly wet. The battle with the weeds in our yard the last few months is a testament to this fact. Everything is growing.

Until a week ago, I hadn't run at the University all summer. That day, Mel Druelinger and I did 6 miles on the trails to the northeast of CSU-Pueblo toward Baculite Mesa. We were a half mile out, when we paused to enjoy Pike's Peak and the ocean of color in front of us. The entire prairie was a plush GOLDEN carpet.

The rabbit brush was showing its fall yellow. And, there were several huge patches of small golden daisies. These grow close to the ground and thick thick. But it was the sunflowers which were simply stunning. Millions of plants, and each plant had a hundred flowers in full bloom.

They were so thick, I imagined running on top of them, my feet springing from golden pillow to golden pillow with each

stride. I envisioned myself bounding in slow motion from spot to golden spot as if I was floating from one mini trampoline to the next.

I've run those trails for 22 years and do not recall seeing the prairie so lush with gold. In addition, the sky was the beautiful sky blue color that usually exists only in your mind, and Pike's Peak was a majestic, deeper, intense blue, but not quite purple. The gold made the blues bluer, and the blues made the golds, golder.

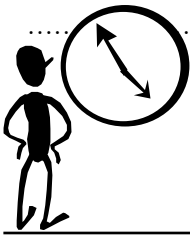
For a minute I thought about going home to get a camera. This was simply stunning. I realized however, that this type of beauty could best be captured by my memory. Days like this are why we



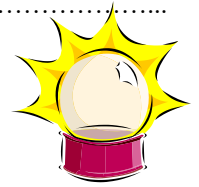
run.

Snake Chronicles

I'm running wider trails and more asphalt these days since my several encounters began last March. No live snakes to report in August-September. One rattler, one bull snake, and one unknown all squished on the streets within a half mile of our house served as reminders that my slithery friends are still active. I'll return to my favorite trails in October. Late October.



Predict Series Standings



Predictors with 100 + points

Name	Spring Runoff	Ben & Matt's	Rams 8K	Tarant 8M	Moon Madns	Butt Buster	Tunnel Drive	Total Points	Best 5 Races
Larry Volk	55.17	100.00	92.31	100.00	87.50		86.84	521.82	466.65
Steve Wall	79.31	80.77	15.38	82.35	100.00	73.08		430.89	415.51
Nick Leyva	72.41	88.46	46.15	94.12	83.33	23.08	47.37	454.93	385.69
Rich Hadley	93.10	46.15	100.00		50.00		92.11	381.36	381.36
Dave Diaz	58.62	57.69	80.77	70.59		88.46	76.32	432.45	374.76
Don Pfst	82.76		88.46	88.24	20.83	3.85	68.42	352.56	348.71
Ron Dehn	100.00		26.92	58.82		61.54	100.00	347.29	347.29
Ben Valdez	51.72	73.08	69.23			26.92	81.58	302.53	302.53
Marijane Martinez	68.97	26.92	23.08	29.41	41.67	57.69	71.05	318.79	268.79
Stacey Diaz	62.07	19.23	50.00	23.53		42.31	57.89	255.03	235.80
Gina Benfatti	48.28	65.38	53.85	17.65	45.83			230.99	230.99
Wendy Garrison			38.46	47.06	12.50	34.62	21.05	153.69	153.69
Matt Sherman	86.21	84.62	76.92	76.47				324.22	
Emily Borrego	17.24	96.15	57.69			96.15		267.24	
Jacqueline Wall	96.55		65.38		70.83			232.77	
Jan Dudley	41.38	76.92		64.71			28.95	211.96	
Mike Orendorff		11.54	84.62		79.17			175.32	
Hilda Garcia					37.50	46.15	73.68	157.34	
Gary Franchi	75.86	23.08				50.00		148.94	
Diana Reno	6.90		42.31	41.18		53.85		144.23	
Debra Wall	89.66				33.33	11.54		134.53	
Paul DallaGuardia	10.34				95.83		26.32	132.49	
Carrie Slover	65.52		61.54					127.06	
Robert Santoyo	27.59		34.62		4.17		55.26	121.63	
Jill Montera	44.83	69.23						114.06	
Angelo Aragon		15.38	96.15					111.54	
Chief Reno		7.69			58.33		42.11	108.13	
Joe Stommel		92.31		11.76				104.07	
Mary Rudolf	24.14		73.08	5.88				103.10	
Becky Medina				52.94	16.67	30.77		100.38	
Alison Meehan						100.00		100.00	

Predictors with less than 100 points

Tim Gauna	97.37	Ethan	62.50	Jane Chess	13.16
Jonathon Hanes	94.74	James Kasey	60.53	Carissa Barritt	10.53
Bill Veges	92.57	Melinda Orendorff	58.33	Alex Hall	7.89
Christina Heaton	92.31	Brian Ropp	54.17	Susan Gebhart	5.26
Ashley Withrow	91.90	Dave Jarvis	52.63	Karen VanHaverbeke	3.85
Nathan Comden	91.67	Larry Minogue	50.00	Robert Gonzales	3.85
Al Weaver	89.47	Cody Miller	44.74	Tiffany Reno	3.45
Misti Frey	89.14	Rebecca Packard	39.47	Callista Barritt	2.63
Becky Rotlenstein	84.62	Gabriela Barillas	38.46		
Gary Weston	80.77	Robin Krueger	38.46		
Maria Weaver	78.95	Pat Cordova	37.93		
Allison Emslie	76.92	Art Long	36.84		
Diane Lopez	76.92	Edward Leanos	34.62		
Anthony Diaz	76.79	Tammy Stone	34.21		
Kyle Reno	75.00	Stacie Taravella	33.02		
Steve Carney	69.23	Jessie Quintana	32.69		
Aaron Berndt	66.67	Jorden Hall	31.58		
Donna A Nicholas-Griesel	65.79	Frank Aragon	30.77		
Eric Grossman	65.38	Beth Davenport	29.17		
Sandy Reinsch	63.16	Cassie Okken	23.68		
		Desiree DallaGuardia	20.69		
		Scott Hall	18.42		
		Michael Bradley	15.79		

Predict Series Notes

There was some tough competition at the Tunnel Drive Predict. There were 38 finishers and the top 10 were within 30 seconds of their predicts. Two runners nailed their times perfectly, one was 10 seconds off, and 3 missed their forecasts by only 13 seconds. And just when you thought that Larry Volk's first place standing was within reach – he added more than 30 points to his best 5 score. Great Job Larry!!!

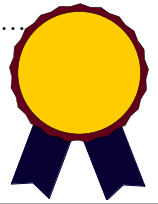
After the race, about 20 sweaty people invaded the Canon City VFW for breakfast. They served us anyway, and the food was excellent. I think we should visit the VFW again!

As for the standings - Larry may look unreachable, but the 2004 series is far from over. With 3 races left, there are still lots of uncertainties and therefore lots of fun. The top 10 spots will continue to shuffle with each race. Don Pfst, Nick Leyva, and Matt Sherman each have 4 solid scores. With one good race, they could go over 400 points and move up in the standings. Steve Wall missed the Tunnel Drive because of work, but has been outstanding in his rookie year in the series and is a good bet to finish in the top three.

Think about the Harvest Poker Run on October 23rd, the Temple Canyon Predict on November 27th, and Marijane & Nick's Excellent Adventure on December 12th. Everyone is welcome even if you haven't run any of the Predicts. Because these events are a combination of a run and a social gathering, they provide the opportunity to become better acquainted with fellow runners. The more the merrier.

**THANK YOU
to the volunteers
for the Tunnel
Drive Predict**

Race Directors: Rich & Deb Hadley, Finish Line: Lois Pfst, Phil & Diana Quattlebaum



Tribute Run Results

The Tribute Run

Thirty-Five citizen runners took the field for the first annual Tribute Run. The kid's one-mile run was quite popular with 75 to 80 middle school students taking part. These activities took place prior to the high school meet.

Dave Diaz performed lead bike duties and found out that riding on the grass was a little more difficult than riding on pavement. He did keep ahead of the lead runner.

Larry Volk started the race late, but still flew by most of the other runners. Wow!

Runners Roost had a booth with running merchandise. Food and massages were available.

Since the event took place on the 3rd anni-

versary of the 9/11 attacks, a moment of silence was held before the high school meet.

Volunteers included: Race Director: Rochelle Garcia, Finish Line: Debra Wall, Steve Wall, Jacqueline Wall, Chelsey Atteberry, Tiffany Reno, Diana Reno, Dave Diaz, Mile-Marker Clocks: Ken Raich, Results: Chief Reno, Passing out ribbons to middle school finishers: Gabrielle Wall & Angelica Wall

RESULTS

Runner	Age	Sex	Time
1 Tim Boilard	29	M	18:04
2 Shawn Borton	21	M	18:54
3 Norm Sloan		M	19:29
4 Larry Volk	40	M	20:10
5 Jason Ramos	31	M	21:01
6 Chief Reno	42	M	21:02
7 Clint Zundel	27	M	21:52
8 Kevin Clark		M	22:05
9 Steve Wall	40	M	22:06

10 Gene Mares	41	M	22:17
11 Bill Mares	38	M	22:39
12 Cameron Phillips	31	M	22:48
13 Ted Johnson	32	M	22:52
14 Dino Aragon	46	M	22:55
15 Steve Garrett	18	M	23:13
16 Jeremy Gregory	20	M	23:22
17 Frank Aragon	45	M	24:53
18 Mike Borton	48	M	25:23
19 Katie Walker		F	25:37
20 Patrick Swank	56	M	26:35
21 Robert Kelher	61	M	26:53
22 Allison H	33	F	26:57
23 Elizabeth Wallin	18	F	27:08
24 Kent Hootman	40	M	27:17
25 Troy Davenport	39	M	28:09
26 Joe Rael	51	M	28:10
27 Raul San Miguel	54	M	28:12
28 Andrew Hernandez	36	M	29:07
29 Greg Drake	36	M	29:09
30 Joan Sincler	49	F	29:14
31 Daniel Anderson	36	M	29:16
32 Betty Garcia	50	F	29:38
33 Perry Smith	49	M	29:42
34 Jeff Arnold	63	M	30:55
35 Patsy Archuletta	41	F	41:33

Regional Pikes Peak Finishers

Ascenders

PI	Name	Age	City	Time
26	Matthew A Martinez	18	Pueblo	CO 6:19:12
37	Russell L Brown	33	Pueblo	CO 3:45:14
65	Justin Gutierrez	30	Pueblo	CO 4:01:54
76	Matthew J Sherman	32	Pueblo West	4:06:10
73	Donald R Smith	35	Pueblo	CO 3:53:32
185	Edward J Espinoza	38	Pueblo	CO 5:33:36
7	Brian Ropp	40	Pueblo West	3:06:32
34	Jay Goodman	41	Pueblo	CO 3:33:53
98	Ben K Valdez	44	Pueblo	CO 4:08:42
197	Rick D Martinez	40	Pueblo	CO 5:19:42
74	Mark Koch	45	Pueblo	CO 4:02:30
142	Rocky Khosla	45	Pueblo	CO 5:02:39
57	Hugh G Parker	50	Pueblo	CO 4:13:54
37	Bonifacio A Cosyleon	55	Pueblo	CO 4:33:27
78	Ron E Dehn	56	Pueblo West	5:48:28
79	Duane C Richert	59	Pueblo	CO 5:50:44
67	Rebecca J Medina	34	Pueblo	CO 5:50:51
27	Jill A Montero	38	Pueblo West	4:04:40
15	Nicole E Rosa	44	Pueblo	CO 3:46:33
45	Carrie L Slover	51	Pueblo	CO 5:52:38
47	Louise M Samora	50	Pueblo	CO 5:57:12
4	Paul Vorndam	57	Rye	CO 3:46:00
26	Jeffrey D Van Iwarden	24	Canon City	CO 3:57:37
26	Brian S Van Iwarden	25	Canon City	CO 3:40:14
54	Frank R Hughes	52	Canon City	CO 4:12:42
3	Jennifer Moore	21	Canon City	CO 4:03:11
11	Marcia Hughes	46	Canon City	CO 3:57:48

Marathoners

PI	PI / Div	Name	Age	City	Up	Down	Total
48	7/111	Brian Ropp	40	Pueblo West	3:21:45	1:47:48	5:09:33
85	9/33	Marc Staley	28	Pueblo	CO 3:34:52	1:56:02	5:30:54
191	8/51	Dave M Diaz	56	Pueblo	CO 4:00:59	2:17:25	6:18:24
210	42/86	Phil R Knowles	32	Pueblo	CO 3:54:36	2:31:31	6:26:07
274	57/98	Chris Roman	36	Pueblo	CO 4:11:43	2:37:25	6:49:08
485	92/111	Mitch Hight	44	Pueblo West	4:58:34	3:23:14	8:21:48
489	93/111	Gary Hermes	40	Pueblo West	4:59:02	3:24:58	8:24:00
591	98/98	William L Lane	38	Pueblo West	5:53:26	4:02:15	9:55:41
16	2/14	Kaija Staley	29	Pueblo	CO 3:43:22	2:00:49	5:44:11
134	2/5	Jessie M Quintana	60	Pueblo	CO 4:54:07	3:25:11	8:19:18
148	18/29	Diane Lopez	46	Pueblo	CO 5:38:50	3:06:53	8:45:43
149	34/43	Diana Reno	42	Pueblo	CO 5:38:47	3:06:57	8:45:44
72	9/91	Dean E Sandoval	49	Canon City	3:10:54	2:13:14	5:24:08
68	12/111	Harald Kasper-Riggio	40	Salida	CO 3:20:06	2:01:45	5:21:51
250	45/111	Brad J Love	40	Salida	CO 4:08:30	2:33:14	6:41:44
257	13/51	Kenneth M Plotz	56	Salida	CO 3:56:17	2:47:10	6:43:27
428	57/82	Terry B Pintane	53	Salida	CO 4:44:46	3:03:12	7:47:58
93	15/27	Sandy L Love	38	Salida	CO 4:40:37	2:44:47	7:25:24

Triple Crowners

Place	Pos/#AG	Name	Age	City	GOG	Roundup	Ascent	Tot
13	3/27	Brian Ropp	40	Pueblo West	1:10:16	0:56:12	3:06:32	5:13:00
44	8/27	Jay Goodman	40	Pueblo	1:18:43	1:09:27	3:33:53	6:02:03
46	10/25	Russell L Brown	33	Pueblo	1:17:23	1:04:23	3:45:11	6:06:57
51	3/3	Jessie M Quintana	60	Pueblo	1:42:00	1:31:40	4:54:07	8:07:47
58	4/7	Diane Lopez	46	Pueblo	1:31:34	1:21:26	5:38:50	8:31:50
65	18/18	Diana Reno	42	Pueblo	1:47:57	1:26:57	5:38:47	8:53:41
67	5/5	Rebecca J Medina	34	Pueblo	1:44:53	1:24:21	5:50:51	9:00:05
69	7/7	Louise M Samora	50	Pueblo	1:47:00	1:30:22	5:57:12	9:14:34
42	1/4	Brian Van Iwarden	24	Canon City	1:15:23	1:03:43	3:40:14	5:59:20
59	2/4	Jeffrey Van Iwarden	23	Canon City	1:15:22	1:06:21	3:57:33	6:19:16
2	1/24	Paul L Koch	36	Colo Spgs	1:00:24	0:50:38	2:29:52	4:20:54

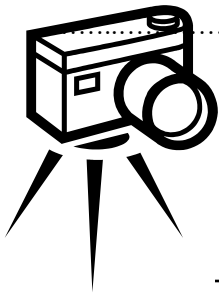
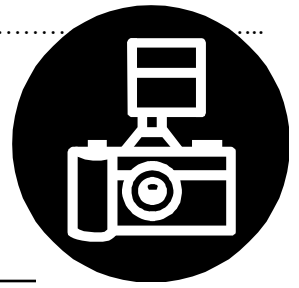


PHOTO Gallery The SCR Picnic



From Upper Left:

Deb "Slugger" Hadley lets one rip.

Gary "Slug" Franchi strikes his favorite pose.

Emily Borrego and her little one enjoy the food.

Dave & Stacey Diaz, Sidney Arnold, and Bill Veges enjoy the food too.

Phil "Coach" Quattlebaum eyes the left field fence

Center: MoJo "Scoop" Martinez follows Tony around the park



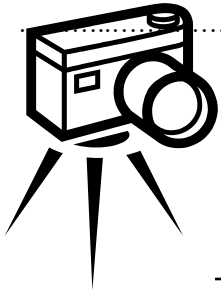
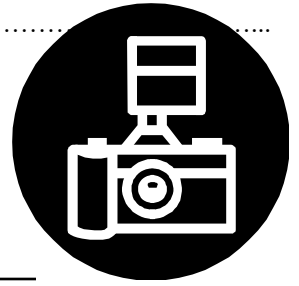


PHOTO Gallery

The Tunnel Drive Predict



Clockwise from upper left: Ashley Withrow is only 21 seconds off, Paul DallaGuardia shows great form, Ben Valdez & Al Weaver sign on the dotted line, Rich Hadley does own a long sleeved shirt, and the start of the race.



2004 Pueblo Area Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Oct 9	Soaring Eagles (a)	5K 8:00 am	CSU-Pueblo Campus
Oct 23	Harvest Poker Prediction Run (c)	5M 5:00 pm	Lovell Park, Pueblo West David Diaz - (719)564-9303
Nov 20	Atalanta Womens' Run (c) (Run / Walk)	5K 9:00 am	City Park, Pueblo Stacey Diaz - (719)564-9303
Nov 27	Temple Canyon Prediction Run (c)	4M 9:00 am	Cañon City Rich Hadley - (719)784-6514
Dec 4	Rock Canyon Half Marathon (c)	13.1M 9:00 am	City Park, Pueblo Information - (719)564-9303
Dec 12	Marijane & Nick's Prediction Run (c)	8±M 9:00 am	117 Regency, Pueblo Marijane Martinez - (719) 546-6043

*We make every effort to be accurate however, as with the rest of life, some of this is subject to change without notice.

Colorado Runner's Magazine

If you are a member of SCR, you may remember receiving a second copy of Colorado Runner's Magazine in the mail a few weeks ago. The SCR Board decided to continue this subscription for members for the time being.

What do you think? We are interested in your opinion. Phone numbers for board members are listed in the box on page 2, and e-mail addresses are on our web site. See www.socorunners.org

Bumper Sticker of the Month,

"Don't believe everything you think."



A Gaggle of SCR Members at the State Games

George Dallam,
Gary Franchi, Gerald Puls,
Dave Diaz, Stacey Diaz,
Emily Borrego,
Marijane Martinez,
Paul DallaGuardia

Items of Potential Interest

The Colorado College **Tiger Classic 5k** will take place at 8am on October 9th at South Monument Valley Park. Park at the Colorado Springs Fine Arts Center. See: www.coloradocollege.edu/5krace or contact Colorado College at 719-389-6773 for more information. Race day registration begins at 7am.

ELEVATION OUTFITTERS TO HOST 10K RUN THROUGH LODO

The October 17 race will benefit Environment Colorado and Larimer Arts Association. Runners can register for the event at www.elevationoutfitters.com or by stopping in the store located at 1428 Larimer Street. The race registration fee is \$30. For more information (303) 433-1164. Janet@KeeleyWriting.com

See Active.Com for information on the following:

10/09/2004 - Scrub Oak Scramble - 5k - Palmer Lake - Running

10/10/2004 - theTPI.com Fall Tri - Colorado Springs - Triathlon

10/16/2004 - Mayor's Cup 5K & 10K Challenge - Colorado Springs - Running

01/01/2005 - 2005 Rescue Run - Colorado Springs

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003

**Non-Profit
Organization
U.S. Postage Paid
Pueblo, Colorado
Permit # 41**



***If you move,
Let us know!***

Issues of "Footprints"
are not forwarded.

Hence, if you move, please
get your new address to the
SCR Membership Chair in
care of the YMCA at the
address listed above.

The **Soaring Eagles 5k** will be held at 8am Saturday, October 9th at the CSU-Pueblo campus. The run is organized by the CSU-Pueblo Speech Club and is a fundraiser to benefit the Autism Clinic of Pueblo. SCR helps with the finish line & results. They are running the fundraiser on a tight budget and don't want to order too many t-shirts, so please register as early if you can. **Please note: the Early deadline for Soaring Eagles is extended to September 30.**

The October 23rd **Harvest Poker Run** is the next predict race. There is a small entry fee, which is used for prize money. At each mile marker, each runner gets a card and at the end – everybody has a poker hand. (Assuming you stay on course and pick up a card at each mile marker.) The male and female with the best poker hands split the pot. Then the real fun starts. We eat! The club provides chicken and beverages and runners bring a side dish. Then Dave builds a huge bonfire so we can visit and stay warm. The 5 mile run starts at 5pm. Bring a jacket to stay warm until the bonfire is ready. What a way to spend a fall evening.

The Harvest Poker Run is held at Lovell Park in Pueblo West. To get to the park, from Pueblo, go west on Highway 50 to Purcell. (1st exit) Turn Left on Purcell and get in the right hand lane. Go just over 1/2 mile to Hahn's Peak Ave. Turn Right on Hahn's Peak Ave. Go about 1.2 miles. You will see the lights for the softball field and the park on your left. You are THERE!!!

Visit our Web Site: For racing schedules, results, contact info, etc, see: www.socorunners.org

The Next Meeting: SCR meetings are typically held at 7 pm on the 1st Wed of each month at the Pueblo YMCA. Once in a while there is an exception, but not often. All SCR members are welcome!!! See you on October 6th?

The Final Thoughts...

I never make mental notes because there is so little to write on. John Holiman, SCR Member

A man is not old until his regrets take the place of dreams. Yiddish proverb

Although gold dust is precious, when it gets in your eyes, it obstructs your vision. -Hsi-Tang

It's a poor sort of memory that only works backward. -Lewis Carroll, mathematician and writer (1832-1898)